

*Save The Date!*

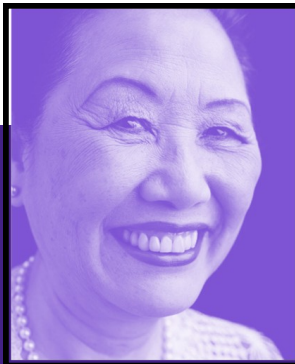
June 21, 2011, 7:30 am—12:00 pm

Venue and registration info to follow

For more info call (626) 569-3830

## Healthy Aging for Women: Transitioning Through Midlife

Understanding and supporting the needs of  
midlife women in Los Angeles County



**For Los Angeles Community Leaders and Providers**

*Join us in a discussion about preparing the broader multicultural women's health community for the upcoming increase of aging women and their changing needs on the individual, community and systems levels.*

Los Angeles County Department of Public Health

**Office of Women's Health**

& Collaborating Organizations

# Collaborating Organizations

## ~Healthy Aging for Women ~

AltaMed Health Services  
Alzheimer's Association, California Southland  
American Diabetes Association  
American Heart Association, Greater Los Angeles  
Arthritis Foundation, Pacific Region  
California Geriatric Education Center, David Geffen School of Medicine  
California Senior Legislature • City of Inglewood Senior Center  
City of Los Angeles Area Agency on Aging  
City of El Monte Community and Senior Services  
Glendale Adventist Medical Center  
Glendale Commission on the Status of Women  
Grandparents as Parents, Inc. (GAP) • Harbor UCLA Medical Center  
Iris Cantor-UCLA Women's Health Center  
Los Angeles Caregiver Resource Center  
Life-Long • Los Angeles County Commission for Women  
Los Angeles County Community and Senior Services  
Los Angeles County Department of Public Health:  
Office of Senior Health, Office of Women's Health, The PLACE Program  
Motion Picture and Television Fund • Partners in Care Foundation  
Pomona Valley Hospital Medical Center  
WISE & Healthy Aging

Sponsored by:

**Aetna**



**Los Angeles County Commission for Women (LACCW)  
EVENT FUNDING REQUEST FORM**

***All requests for funds should allow LACCW 30 days to make a determination. The requesting Commissioner must provide the following information before consideration of a request***

Name of Commissioner(s)

Los Angeles County District

Amount Requesting: \_\_\_\_\_

Purpose of Usage: \_\_\_\_\_ Ticket(s)

\_\_\_\_\_ Donation

\_\_\_\_\_ Other (specify) \_\_\_\_\_

Organization's Name: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City Zip

Telephone Number: \_\_\_\_\_ FAX Number: \_\_\_\_\_

Website Address: \_\_\_\_\_ E-mail: \_\_\_\_\_

Contact Person (Name and Position): \_\_\_\_\_

Event Information – Name, Time and Location:

Event Information – Purpose and Goals: (Event publicity materials may be included (optional))

Constituency served within Los Angeles County (age, gender, ethnicity, income level, geographical region, etc.):



# A Community Dialogue

June 21, 2011 7:30 am—12:00 pm

Please RSVP by Wednesday, June 15<sup>th</sup>

## Healthy Aging for Women: Transitioning Through Midlife

Meeting the needs of midlife women in Los Angeles County



*Join us in a discussion about preparing the multicultural women's health community for the increasing number of aging women and their changing needs on the individual, community and policy levels.*

St. Anne's, 155 N Occidental Blvd, Los Angeles, CA 90026

Registration and Breakfast will be from 7:30 - 8:15am.  
Dialogue begins promptly at 8:15am.

Name: \_\_\_\_\_  
Title (Required): \_\_\_\_\_  
Organization: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please fax or email completed form to: [dpacheco@ph.lacounty.gov](mailto:dpacheco@ph.lacounty.gov) Fax: (626) 288-9335  
For questions call (626) 569-3830

# Collaborating Organizations

AltaMed Health Services  
Alzheimer's Association, California Southland Chapter  
American Diabetes Association  
American Heart Association, Greater Los Angeles  
Arthritis Foundation, Pacific Region  
California Geriatric Education Center, David Geffen School of Medicine  
City of El Monte Community and Senior Services  
City of Inglewood Senior Center  
City of Los Angeles Area Agency on Aging  
City of Los Angeles Department of Aging and Family Caregiver Services  
City of West Hollywood  
Glendale Adventist Medical Center  
Glendale Commission on the Status of Women  
Glendale Memorial Hospital and Health Center  
Grandparents as Parents, Inc. (GAP) • Harbor UCLA Medical Center  
Iris Cantor-UCLA Women's Health Center • KHEIR Center  
Los Angeles Caregiver Resource Center  
Life-Long • Los Angeles County Commission for Women  
Los Angeles County Community and Senior Services  
Los Angeles County Department of Public Health:  
Office of Senior Health, Office of Women's Health, The PLACE Program  
Office of Health Assessment and Epidemiology  
Motion Picture and Television Fund • Partners in Care Foundation  
Pomona Valley Hospital Medical Center  
Rancho Los Amigos National Rehabilitation Center • WISE & Healthy Aging

Sponsored by:

**Aetna**

Los Angeles County Commission for Women

California Geriatric Education Center, David Geffen School of Medicine

Glendale Memorial Hospital and Health Center



# COUNTY OF LOS ANGELES ♦ DEPARTMENT OF PUBLIC HEALTH Public Health Immunization Program

3530 Wilshire Blvd., Ste. 700 Los Angeles, CA 90010 Voice: 213 351-7800 Fax: 213 351-2780

## DIRECTIONS TO THE IMMUNIZATION PROGRAM

### Parking

The Immunization Program is located at 3530 Wilshire Blvd., Suite 700, Los Angeles, CA. The Office of Women's Health will provide parking validations if you park in the underground parking in the building. The cross streets are Wilshire and Normandie (look for the Carl's Jr. sign). The entrance is half-a-block down Normandie Ave. There is a sign at the parking entrance identifying the visitor's entry.

The least expensive parking structure is located at 3545 Wilshire Blvd (Wilshire Medical Plaza). The maximum cost is \$1.50 each 20 minutes and \$10.00 maximum. The entrance is on Ardmore, right off of Wilshire.

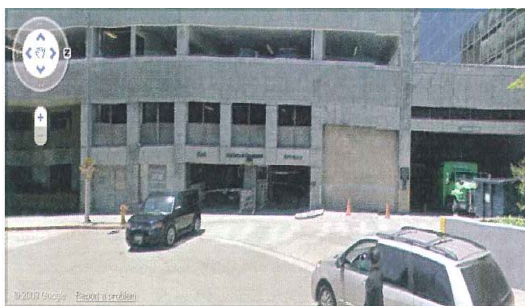
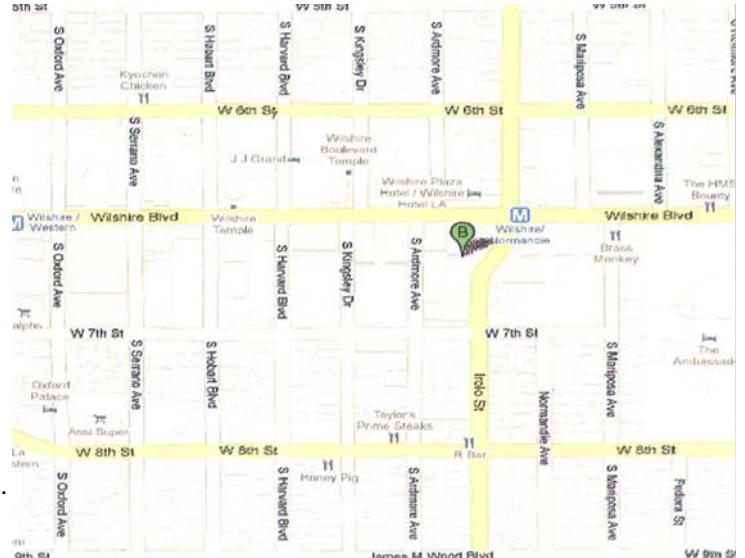
### Freeway Directions and Map

US 101 (SOUTH); bear right onto ramp to W. Melrose Ave. (exit); turn left onto W. Melrose Ave.; turn right onto N. Normandie Ave.; continue onto S. Normandie Ave., past Wilshire Blvd.; ½ block turn into 3530 parking structure.

US 101 (NORTH); continue onto Melrose/Normandie (exit); turn left onto W. Melrose Ave.; turn left onto N. Normandie Ave.; continue onto S. Normandie Ave. past Wilshire Blvd.; ½ block turn into 3530 parking structure.

I 10 (EAST) bear right onto ramp to S. Western Ave. (exit); turn left onto S. Western Ave.; turn right onto W. Wilshire Blvd.; turn right on Normandie/Irlo ½ block turn into 3530 parking structure.

I 10 (WEST); bear right onto ramp to S. Western Ave. (exit); turn right onto S. Western Ave.; turn right onto W. Wilshire Blvd.; turn right on Normandie/Irlo ½ block turn into 3530 parking structure.



Parking Structure

Healthy Aging for Women Conference 2011  
St. Anne's June, 21, 2011

**HEALTHY AGING FOR WOMEN: TRANSITIONING THROUGH MIDLIFE**

**Goal:** To prepare the broader multicultural women's health community for the upcoming increase of aging women and their changing needs, with a focus on community and systems level factors.

**Objective:** To assist healthcare professionals and community leaders to prepare their organizations to work with women who are progressing through midlife and beyond while coping with increased risk for chronic diseases and the pressures of balancing work, child care and elder care.

- Increase awareness of community and systems level factors that contribute to or create challenges for the healthy aging of midlife women ages 45-64.
- Introduce evidence-based practices and health promotion strategies to assist healthcare professionals and community leaders to serve the needs of women in midlife.
- Provide resources and tools to aid healthcare professionals and community leaders in improving services, education and advocacy efforts affecting the needs of women in midlife.

**CE Objectives for RNs and CHES:**

Attendees will be able to

1. Articulate the physical and psychosocial preventive health needs of women who are progressing through midlife and beyond
2. Discuss barriers to healthy aging on the community, systems and policy levels
3. Describe programs that support healthy aging for women on the community, systems and policy levels

### **Community Level Strategies to Promote Healthy Aging and Wellness among Women**

1. **Train the trainers** program on Healthy Aging curriculum.
2. **Educational workshops** in local community centers promoting healthy aging and healthy lifestyles based on resources available in that community.
3. **Community centered projects** - Develop opportunities for community to get involved in projects that promote healthy aging – walking clubs, community gardens, farmers markets, etc.
4. **Community support systems** - Develop support systems within communities by making available services such as childcare, transportation services, mentorship, and opportunities to socialize.
5. Increase opportunities for **volunteerism** as a method to facilitate sharing of resources and creating collaborative networks.
6. Use **school based activities** to promote wellness among families (target mothers and their children).
7. Employer encouraged **workplace wellness programs**.
8. **Workplace flexibility**
9. **Social media campaign** - Use of social media to share news, increase awareness about healthy lifestyles, promotes resources, and educate public about healthy aging (community blogs, text messages, etc.)
10. **Advocacy** for increased funding, more resources/services, access to healthier choices, joint use of public spaces.

# **Healthy Aging for Women: Transitioning through Mid-Life**

## **June 21, 2011**

### Table Discussion Topics:

Each table will be assigned a facilitator

Choose a note taker and reporter

1. What solutions or support systems would you like to see created in your community to help midlife women increase physical activity
2. What solutions or support systems would you like to see created in your community to help midlife women increase intake of fresh fruits and vegetables
3. What solutions or support systems would you like to see created in your community to help midlife women cope with stress (physical, emotional, caregiver, economic insecurity, etc..)
4. What solutions or support systems would you like to see created in your community to help midlife women increase support systems (respite care, group therapy, family support, faith based organizations)
5. What solutions or support systems would you like to see created in your community to help midlife women obtain regular preventive care (medical home, preventive screenings)
6. What changes in common work environments do you propose to help midlife women prevent or manage chronic diseases?
7. What changes in the workplace could be made to help midlife women cope with increased stress and caregiving responsibilities?
8. What would help your agency prepare for an increase in midlife women?
  - a. What are some of the gaps?
  - b. What are some of the solutions?
9. What suggestions do you have to support midlife women maintain healthy relationships with friends, family and co-workers.
10. What suggestions do you have to support midlife women and their families maintain healthy intergenerational relationships?

Los Angeles County Department of Public Health  
Office of Women's Health  
Elizabeth Stillwell, RN  
3400 Aerojet Ave, 3<sup>rd</sup> Floor  
El Monte, CA 91731

FedEx Office Quote

**LA County Dept - Health Services**

Elizabeth Stillwell

Ph: 323.422.1161

Quote Date: April 127-Apr-10

Ref #: 1528-003J5-1

**Project Name:** LA COUNTY COMMISSION FOR WOMEN

Units	Description	Unit Price	Total Cost
2	24X36 POSTERS; Printed, Laminated, mounted	\$59.99	\$119.98
160	Programs (2 sheets double sided color on 32lb laser	\$2.78	\$444.80
160	Booklet (fold staple program)	\$0.15	\$24.00
160	Resources sheet (double sided black and white on light blue paper)	\$0.11	\$17.60
160	Evalutaion sheet (double sided black and white on canary paper)	\$0.11	\$17.60
	<b>Subtotal</b>		\$623.98
	<b>Tax</b>	10.25%	\$63.96
	<b>Total</b>		<b>\$687.94</b>

**Key Note:**

We'll require 2 days from proof approval to complete this project. This quote will expire 30 days from the quote date above.

Thank you for allowing us to present you with this quote. If you have any questions regarding this quote, please contact me at the number below.

You can e-mail in your file and P.O. to [usa1528@fedex.com](mailto:usa1528@fedex.com)

Thank you,

Adriana Rodriguez  
Business Center Manager  
FedEx Office  
Ph:626-307-7164  
E-mail: [adrianarodriguez@fedex.com](mailto:adrianarodriguez@fedex.com)

## MIDLIFE BUDGET CONDENSED

Item	Vendor	Budget	Actual Expense	Balance	Unit Code
Donation	Aetna	\$ 2,029.76		\$ 2,029.76	
Donation	LAC Commission for Women	\$ 950.00		\$ 2,979.76	
Rental & Breakfast	St. Anne's (Aetna)		\$ 1,976.24	\$ 1,003.52	
Printing: programs, handouts, 2 signs	FedEx (LACCFW)		\$ 687.94	\$ 315.58	
Name badges & purple paper	Office Max (LACCFW)		\$ 138.22	\$ 177.36	
Yellow Pads and Pens	Office Max (LACCFW)		\$ 75.00	\$ 102.36	
Honorarium	Kathy Buckley (LACCFW)		\$ 100.00	\$ 2.36	
Paid FedEx directly for posters	UCLA David Geffen School	\$ 132.28	\$ 132.28	\$ 2.36	
Paid Trader Joe's directly for snacks	Glendale Memorial Hospital	\$ 100.00	\$ 100.00	\$ 2.36	
<b>Total</b>		<b>\$3,212.04</b>	<b>\$ 3,209.68</b>	<b>\$2.36</b>	

# Healthy Aging for Women: Transitioning Through Midlife

21-Jun-11

FirstName	LastName	CompanyName
Alan	Albert	DPH Communications
Daphney	Alexander	Iris Cantor-UCLA Women's Health Education
Patricia	Alexander, PHN	DPH Central Health Center
Esma	Ali	Keller Williams Realty
Sikizi	Allen	Inglewood Senior Center
Delacruz	Amada	St. Vincent Medical Center MHAP Center
Susie	Baldwin, MD, MPH	DPH Health Assessment Unit
Holtwick	Barbara	DPH Acute Communicable Disease Control
Meltzer	Barbara	Barbara Meltzer & Associates
Lydia	Becerra, MPH	DPH Substance Abuse Prevention & Control
Donna	Benton	LA Caregiver Resource Center
Liza	Boubari	HealWithin
Eleanor	Brown, MA	Life-Long
Kathy	Buckley	
Maritza	Cabezas, DDS, MPH	DPH Oral Health Program
Pamela	Carmona	St. Francis Medical Center
DeBorrah	Carter	Sassy Survivor
Heather	Catalena	NutriFit, LLC
Kathy	Cavander	Glendale Adventist Medical Center
Theresa	Celentano-Kephart, RN	DHS Office of Managed Care
Mireya	Chaffee	Arthritis Foundation
Grace	Cheng Braun, MSPH	WISE & Healthy Aging
Linda	Chess Healy, RN	Cedars-Sinai Medical Center
Kami	Chin	Alzheimer's Association
Jodi	Constantine Brown	California State University, Northridge
Pauline	Daniels	Kaiser Permanente Southern California Region
Judi	Delgado	Macular Degeneration Partnership
Rosine	Der-Tavitian, RN, MSN, MPH	Armenian American Nurses Association
Sylvia	Drew Ivie, JD	Office of LAC Supervisor Mark Ridley Thomas

# Healthy Aging for Women: Transitioning Through Midlife

21-Jun-11

Ellen	Eidem, MS	DPH Office of Women's Health
Isaacs	Ellen	Office of Assemblymember Mike Feuer
Bermudez	Erika	St. Vincent Medical Center MHAP Center
Escareno	Ernestina	Victor Valley School District
Laurel	Eu	US FDA, Los Angeles District Office
Halina	Fardin	Iris Cantor-UCLA Women's Health Education
Renee	Feiger, LCSW	Motion Picture & Television Fund
Jonathan	Fielding, MD, MPH, MBA	LA County Dept of Public Health
Pam	Forrest	LA Gay and Lesbian Center
Jackie	Fowlkes	Alzheimer Inglewood Support Group
Janet	Frank, DrPH	California Geriatric Education Center
Julie	Friedman	Iris Cantor-UCLA Women's Health Education & Resource Center
John	Garrett	For Grace
AnaMaria	Garza, M.D.	Glendale Memorial Hospital and Health Ctr
Atara	Geft	Iris Cantor - UCLA Women's Health Education
Eloisa	Gonzalez, MD, MPH	DPH Physical Activity & Cardiovascular Health Program
Cheryl	Guinn	Rancho Los Amigos National Rehabilitation Center
Carol	Hahn, MSN, RN	OPICA Adult Day Services
Cynthia	Harding	DPH Maternal, Child and Adolescent Health Programs
Barbara	Hickman	Kaiser Permanente Southern California Region
Angel	Hopson, RN, MSN, MPH, PhD	DPH Maternal, Child and Adolescent Health Programs
Giselle	Hulbert, LMFT	San Fernando Valley Community Mental Health Center, Inc.
Ainspac	Ingrid	St. John's Well Child & Family Center
Pamela	Jackson	Resource Centers for Minority Aging Research
Hernandez	Jacqueline	American Heart Association
Fong	Jamie	Guest of FDA Public Affairs Specialist
Katherine	Jew, RN	UCLA-NBS Area Service Center Pediatrics-Genetics
Nicole	Kaplan, LCSW	Motion Picture & Television Fund

# Healthy Aging for Women: Transitioning Through Midlife

21-Jun-11

Deborah	Keasler, RN, BS	Pomona Valley Hospital Medical Center
Claudia	Keller	American Heart Association
Kohar	Kesian	Glendale Community College
Lobat	Kimiai	Inner Images
Sandra	King	National Council on Aging (NCOA)
Socorro	Kirk, PS, PHN	DPH Community Health Services Administration, SPA2
Kesian	Kohar	Glendale Community College
Mary	Konyalian, RN	Glendale Memorial Hospital and Health Center
Kristine	Kucharik	LA County Probation Dept.
Hon. Abbe	Land	City of West Hollywood/The Saban Free Clinic
Andrea	Lane	Office of Senator Carol Liu
Marilyn	Lawrence	Crystal Stairs, Inc.
Charlotte	Lesser	LA County Commission for Women
Amy	Lightstone	DPH Office of Health Assessment and Epidemiology
Elizabeth	Lim	DPH Office of Medical Director
Diana	Liu	DPH Maternal, Child and Adolescent Health Programs
Valerie	Loduem	American Diabetes Association
Amber	Macdonald	Assemblyman Bob Blumenfield
Julie	Mairs, MSW, MPA	Soroptimist International
Fernandez	Margaret	DPH Chronic Disease and Injury Prevention
Lara, MPH	Maria Guadalupe	AltaMed Health Services
Esther	McDowell	DPH Office of Women's Health
Tina	McKinnor	Office of Assemblymember Steve Bradford
Denise	Miller	Glendale Adventist Medical Center
Paula	Miller, MPH, CHES	DPH Acute Communicable Disease Control Program
Elaine	Moore	YWCA of Greater Los Angeles
Zarmine	Naccashian, RN, NP, MN	Glendale Adventist Medical Center
Summer	Nagano	LA County Dept of Public Health
Iso	Nakasato	Office of Assemblymember Roger Hernandez
Laura	Nieto	DPH Office of Women's Health
Petra	Niles, MSG	Alzheimer's Association

# Healthy Aging for Women: Transitioning Through Midlife

21-Jun-11

Susan	Nyanzi, DrPH, MCHES	DPH Office of Women's Health
Barbara	Phillips	City of Los Angeles
Susan	Phillips, BSN, RN	Kaiser Permanente Los Angeles Medical Center
Lea	Pipes	Motion Picture & TV Fund
Corri	Planck	City of West Hollywood
Vivian	Polk	Alzheimer Inglewood Support Group
Janet	Pregler, MD	Iris Cantor-UCLA Women's Health Center
Lori	Quince, RN	DHS Office of Nursing Affairs
Betina	Rapoport	Law Offices of Mitchell A. Karasov
Arias	Reina	AltaMed Health Services
Franco	Reyna	American Diabetes Association
Patty	Ritter	Aetna Medicare, West Region
Lucas	Rochelle	KJLH Radio
Angela	Rodriguez	San Fernando Valley Community Mental Health Center, Inc.
Leslie	Rosenbaum	Code Amber Alert Tag
Lori	Rosenbaum	Code Amber Alert Tag
Antonia	Routt	Arthritis Foundation
Abarca	Sandra	Planned Parenthood
Lisa	Santora, MD, MPH	Beach Cities Health District
Asma Jasmine	Saraj, MD	Kaiser Permanente Southern California Region
Patricia	Serna	Long Beach Comprehensive Health Center
Nirvi	Shah	DPH Office of Women's Health
Paul	Simon, MD, MPH	DPH Chronic
		Disease and
		Prevention
Rita	Singhal, MD, MPH	DPH Office of Women's Health
Sherri	Snelling	Caregiving Club, Inc.
Chan	Sophia	LAC Dept of Mental Health
Jessica	St. John	DPH Office of Women's Health
Dorene	Steiger, PHN	Hollywood-Wilshire Health Center
Liz	Stillwell, RN	DPH Office of Women's Health
Kathleen	Sullivan	LA Gay and Lesbian Center
Fontenrose	Terry	Silverado Senior Living
Carol	Teutsch, MD	Health Care Institute UCLA
Cynthia	Toussaint	For Grace
Brenda	Vazquez	Partners In Care Foundation

## Healthy Aging for Women: Transitioning Through Midlife

21-Jun-11

Consuelo	Vieyra	DPH STD Program
Sally	Villanueva	DPH STD Program
Alicia	Villavert, RN	El Monte Comprehensive Health Center
Susan	Walker	DPH STD Program
Willie	Watts-Troutman, RN, PHN-APS	DPH Immunization Program
Jessica	Welty	DPH Office of Women's Health
Tara	Westman, MPH	Liberty Hill Foundation
Patricia	Wilson	City of Los Angeles Department of Aging
Elizabeth	Wong	LA County Commission of Older Adults
Debora	Wright	Inner Images, Inc
Sophia	Yeung	City of Hope
Ha	Yoomer	Office of Congressman Xavier Becerra
Nasly	Zelaya	Glendale Memorial Hospital and Health Center

July 1, 2011

Dear Charlotte and Yolanda,

Thank you to the Commission for Women for your generous support for the Healthy Aging for Women: Transitioning Through Midlife Community Dialogue on June 21, 2011. You wonderfully jumped right in to fill a needed gap (specifically all the printed materials and speaker honorarium) and it was truly appreciated. Please express our appreciation to all of the Commissioners who have generously supported our work for many years.

We truly respect the collaborative efforts between the LAC Commission for Women and the Office of Women's Health.

Thank you again for your contribution, we couldn't have produced the event without your support. We look forward to additional collaborations in the future.

Much and heartfelt appreciation from all of us at the OWH.

All the best,  
Ellen

Ellen Eidem, M.S.  
Director  
Office of Women's Health  
3400 Aerojet Ave., 3rd floor  
El Monte, CA 91731

(626) 569-3806 (Phone)  
(626) 288-9335 (Fax)  
[eeidem@ph.lacounty.gov](mailto:eeidem@ph.lacounty.gov)

# Healthy Aging for Women: Transitioning through Mid-Life

June 21, 2011

## Event program breakdown

ACTIVITY	SPEAKER	TIME AM	DURATION
Registration/ Breakfast / Networking		7:30 – 8:15	45 min
Breathing exercises	Mireya Pena	8:15 – 8:20	5 min
Welcome & ARS	Ellen Eidem, MS Jonathan Fielding, MD	8:20 – 8:35	10-15 min
Audio Collage	Interviews of Midlife Women	8:35 - 8:40	5 min
Keynote Address	Kathy Buckley	8:40 – 9:00	20 min
Presentation of Data with ARS	Susie Baldwin, MD	9:00 – 9:15	15 min
<i>Physical Activity Break</i>	Antonia Routt	9:15 – 9:25	10 min
Panel Discussion with or without ARS	Moderator: Eleanor Brownn	9:25 – 10:45	1 hr 20min
<i>"Midlife Transitions: A Biomedical View"</i>	Janet Pregler MD	9:25 – 9:40	12-15 min
<i>Psycho-social</i>	Donna Benton, PhD	9:40 - 9:55	12-15 min
<i>Policy and Physical Environmental</i>	Paul Simon, MD	9:55– 10:10	12-15 min
<i>The Blue Zones / Vitality City Initiative</i>	Lisa Santora, MD	10:10 – 10:25	12-15 min
<i>Question &amp; Answers</i>		10:25 – 10:45	20 min
<i>Networking Break</i>		10:45 – 11:05	20 min
Introduction of group discussion topics	Grace Cheng Braun, MSPH	11:05 – 11:10	5 min
Table/Group discussions	Facilitators	11:10 – 11:30	20 min
Tables Report back	Grace Cheng Braun, MSPH	11:30 – 11:50	20 min
Conclusion	Ellen Eidem, MS	11:50 – 12:00	10 min
Out of room		12:00 – 12:30	30 minutes



## Office of Women's Health Staff

**Ellen Eidem, MS**, Director  
**Rita Singhal, MD, MPH**, Medical Director  
**Jessica St. John**, Sr. Staff Analyst  
**Elizabeth Stillwell, RN**, Project Manager  
**Esther Arias McDowell**, Outreach & Hotline Manager  
**Susan Nyanzi, DrPH, MCHES**, Research Analyst III  
**Denise Pacheco**, Special Projects Assistant  
**Susanna Sevilla, MPA**, Program Manager  
**Gladys Edwards**, Secretary  
**Rickey Payne**, Data Processing

### Hotline Operators

**Eun Hi An**  
**Lydia Arizmendi**  
**Monica Gonzalez**  
**Aylin Keshishian**  
**Elaine Yep**  
**Carmen Zapata**

### Interns

**Laura E. Nieto**  
**Nirvi Shah**  
**Jessica Welty**

### ***Special Thanks to:***

Sikizi Allen, Nancy Arellano, Marjan Behjatnia, Delia Casarez, Maureen A. Finan, Janet Frank, Eloisa Gonzalez, Madelyn Gordon, Nicole Kaplan, Deborah Keasler, Claudia Keller, Denise Lamb, Abbe Land, Toni Laudermilk, Charlotte Lesser, Valerie Loduem, Ronda Mayeaux, Denise Miller, Erin Pak, Isabella Paziewski, Linda Peterson, Vivian Polk, Aloyce Rachal, Susan Rodde, Socorro Salanga, Yaga Szlachcic, Donna Trujillo, Wenonah Valentine, Alicia Villavert, Pat Wilson, Elaine Yep, Nasly Zelya.

### ***Collaborating Organizations:***

AltaMed Health Services; Alzheimer's Association, California Southland Chapter; American Diabetes Association; American Heart Association, Greater Los Angeles; Arthritis Foundation, Pacific Region; California Geriatric Education Center, David Geffen School of Medicine; City of El Monte Community and Senior Services; City of Inglewood Senior Center; City of Los Angeles Area Agency on Aging; City of Los Angeles Department of Aging and Family Caregiver Services; City of West Hollywood; Glendale Adventist Medical Center; Glendale Commission on the Status of Women; Glendale Memorial Hospital and Health Center; Grandparents as Parents, Inc.; Harbor-UCLA Medical Center; Iris Cantor-UCLA Women's Health Center; KHEIR Center; Los Angeles Caregiver Resource Center; Life-Long; Los Angeles County Commission for Women; Los Angeles County Community and Senior Services; Los Angeles County Department of Public Health: Office of Senior Health, Office of Women's Health, The PLACE Program, Office of Health Assessment and Epidemiology; Motion Picture and Television Fund; Partners in Care Foundation; Pomona Valley Hospital Medical Center; Rancho Los Amigos National Rehabilitation Center; WISE & Healthy Aging

### **Office of Women's Health Event Organizing Team**

Jessica St. John Elizabeth Stillwell Denise Pacheco Rickey Payne

# Healthy Aging for Women: Transitioning Through Midlife

## A Community Dialogue

June 21, 2011



Understanding and supporting the needs of  
midlife women in Los Angeles County

Sponsored by

**Aetna**

**Los Angeles County  
Commission for Women**

California Geriatric Education Center,  
David Geffen School of Medicine  
Glendale Memorial Hospital and Health Center

# Healthy Aging for Women:

## Transitioning through MidLife

### Warm Up: Breathing Exercises

**Mireya A. Chaffee**, Senior Program Director  
Arthritis Foundation, Pacific Region

### Welcome:

**Ellen Eidem, MS**, Director  
Office of Women's Health  
Los Angeles County Department of Public Health

**Jonathan E. Fielding, MD, MPH**, Director & Health Officer  
Los Angeles County Department of Public Health

### Audio Collage:

*Giving Voice to Women in Midlife*

### Keynote Speaker:

***Puberty at 50***  
**Kathy Buckley**, Comedienne, Actress, Activist

### A Data Snapshot:

**Susie Baldwin, MD, MPH** Chief  
Health Assessment Unit  
Office of Health Assessment and Epidemiology  
Los Angeles County Department of Public Health

### Physical Activity Break:

**Antonia Routt**  
Fitness Program Developer & Arthritis Foundation Partner

to UCLA researchers to study women's health topics. Among her numerous honors and awards are an Award for Excellence in Medical Education from the David Geffen School of Medicine at UCLA, a "Commendation" by the County of Los Angeles for work on the Women's Health Policy Council, and a "Certificate of Recognition" from the State of California Senate for work in the area of women's health.

**Antonia Routt**, Fitness Program Developer & Arthritis Foundation Partner. Ms. Routt specializes in health and wellness programs developed specifically for seniors, and adults recovering from stroke. She launched MOVE, a program for children to target obesity and foster healthy habits. She was awarded the "2010 Woman of the Year" in Education on International Women's Day by The Los Angeles County Board of Supervisors and the Los Angeles County Commission for Women.

**Lisa Santora, MD, MPH**, Chief Medical Officer, Beach Cities Health District, providing oversight for the Healthways/Blue Zones Vitality City Initiative. Dr. Santora joined Beach Cities Health District (BCHD), the South Bay's leading preventive health organization, in 2008 to provide oversight for the organization's preventive health strategies. Prior to BCHD, she was a physician at the Venice Family Health Center in California, providing primary healthcare to the area's underserved community. From 2004 to 2006, Dr. Santora worked with the Helen B. Bentley Family Health Center in Miami, Florida where she held several positions, including Director, HIV/AIDS Services, and Interim Medical Director. Before joining the Venice Family Clinic, Dr. Santora undertook a research sabbatical to observe health and health behaviors in Brazil, Cambodia, China, India, Laos and Tibet. While on sabbatical, Dr. Santora developed an increased understanding of Ayurveda and traditional Chinese medicine and how they complement Western medicine. Dr. Santora is a member of the American Academy of Family Physicians, the American College of Preventive Medicine, and the American Public Health Association.

**Paul Simon, MD, MPH**, Director of the Division of Chronic Disease and Injury Prevention at the Los Angeles County Department of Public Health (LAC DPH) and an Adjunct Professor in the Department of Epidemiology at the UCLA School of Public Health. Dr. Simon received his MD from the University of Michigan and his MPH in Epidemiology from UCLA. He completed a two-year fellowship in field epidemiology with the Epidemic Intelligence Service at the Centers for Disease Control and Prevention (CDC) in 1992 and then served as a Medical Epidemiologist in CDC's Division of HIV/AIDS Prevention from 1992-1998. In his current position, he oversees the Tobacco Control and Prevention Program, Nutrition Program, Physical Activity and Cardiovascular Health Program, Policies for Livable Active Communities and Environments (PLACE) Program, Office of Senior Health, Injury and Violence Prevention Program, and two CDC-funded projects focused on obesity and tobacco control and prevention.

the Arthritis Foundation Life Improvement Series, including the Arthritis Foundation Exercise Program (also in Spanish), the Arthritis Foundation Aquatics Program, and the Arthritis Foundation Walk With Ease Program. The Life Improvement Series helps people with arthritis manage their symptoms and include physical activity as part of their healthy lifestyle.

**Ellen Eidem, MS**, Director of the Los Angeles County, Department of Public Health, Office of Women's Health (OWH). The OWH seeks to decrease health disparities and improve the health status of women in LA County working on an individual, community and systems level through education, advocacy, program planning and promotion, policy recommendations, and increasing access, especially to low income and underserved women. Previously, Ms. Eidem served as: the Director of Programs and Administration for the Los Angeles Free Clinic (dba: The Saban Free Clinic) where she oversaw 8 departments and 102 staff; the Director of Quality Improvement for the California and Los Angeles Regional Family Planning Councils, (dba: California Family Health Council), ensuring the provision of quality services to approximately 500,000 clients seeking reproductive health care at 74 agencies with 240 sites throughout California. Prior to this, Ms. Eidem was an administrator and instructor at Planned Parenthood Alameda/San Francisco and the Berkeley Women's Health Collective.

**Jonathan E. Fielding, MD, MPH, MBA**, Director of Public Health and Health Officer for Los Angeles County. Dr. Fielding is responsible for the full range of public health activities for ten million county residents. He has served over 30 years working in various capacities in the areas of public health. He chairs the HHS Secretary's expert advisory committee on the 2020 Healthy People Project, chairs the U.S. Community Preventive Services Task Force, and is Editor of the Annual Review of Public Health. Dr. Fielding is also a Professor at the Schools of Public Health and Medicine at UCLA. His current research interests are health impact assessment and forecasting future health. He received his medical and public health degrees from Harvard University and his MBA in Finance from Wharton School of Business.

**Janet Pregler, MD**, Professor of Clinical Medicine, David Geffen School of Medicine at UCLA, Director of the Iris Cantor-UCLA Women's Health Center and the Director of the UCLA National Center of Excellence in Women's Health. Dr. Pregler is a nationally recognized educator and advocate in women's health. Dr. Pregler is co-editor of the textbook "Women's Health: Principles and Clinical Practice." She has developed educational programs on women's health for the American College of Physicians, Centers for Disease Control and Prevention, National Heart, Lung, and Blood Institute, and the Department of Health and Human Services Office on Women's Health. She worked to establish the Executive Advisory Board Iris Cantor-UCLA Women's Health Center pilot project fund, which gives annual grants

## **Panel Discussion**

### ***Maximizing our Wisdom:***

### ***The Strengths & Challenges of Multicultural Midlife Women***

#### **Moderator:**

**Eleanor Brownn, MAG** Founding Director  
Life-Long

#### **Physical Health:**

##### ***Midlife Transitions: A Biomedical View***

**Janet Pregler, MD**, Director  
Iris Cantor-UCLA Women's Health Center

#### **Psycho-Social Health:**

##### ***The Art of Juggling***

**Donna Benton, PhD**, Director  
LA Caregiver Resource Center

#### **Policy and the Built Environment:**

##### ***Improving Health and Wellbeing***

**Paul Simon, MD, MPH**, Director  
Division of Chronic Disease and Prevention  
Los Angeles County Department of Public Health

**Lisa Santora, MD, MPH**, Chief Medical Officer  
Beach Cities Health District, Healthways/Blue Zones  
Vitality City Initiative

## **Group Discussion**

#### **Master Facilitator:**

**Grace Cheng Braun, MSPH**, President and CEO  
WISE & Healthy Aging

## Biographies

### Healthy Aging for Women

In alphabetical order

**Susie Baldwin, MD, MPH, FACPM**, Chief, Health Assessment Unit in the Los Angeles County Department of Public Health's Office of Health Assessment and Epidemiology. Dr. Baldwin oversees the LA County Health Survey, which provides data to inform program planning, research, advocacy, and policy throughout LA County. Dr. Baldwin is Medical Director for the California Family Health Council, Clinical and Community Health Programs, and is a member of the Planned Parenthood Federation of America National Medical Committee. Dr. Baldwin also serves as a volunteer physician for survivors of human trafficking at The Saban Free Clinic, partnering with the Coalition to Abolish Slavery and Trafficking. Additionally, in 2010 Dr. Baldwin was awarded a policy fellowship by the UCSF and US Environmental Protection Agency in reproductive and environmental health. Dr. Baldwin has performed research on cervical cancer prevention and HPV in women and men, on access to emergency contraception in California, and on the health effects of human trafficking.

**Donna Benton, PhD**, Director, Los Angeles Caregiver Resource Center and Assistant Research Professor of Gerontology at the USC Leonard Davis School of Gerontology. Dr. Benton is a clinical psychologist who specializes in gerontology and has presented her research and clinical work on elder abuse, minority aging and caregiving at both national and international conferences. She was a Gero-psychological postdoctoral fellow at USC/Rancho Los Amigos Medical Center. Dr. Benton has worked in the field of aging for over 30 years including with the Veterans Administration, Geriatric Research Education and Clinical Centers on research in psychoneuroimmunology and aging before coming to USC. As the coordinator of the Education and Information Transfer Core of the Alzheimer's Disease Research Center (ADRC), she has lead numerous training workshops on caregiver stress, and on outreach techniques with African-American elderly. Dr. Benton is committed to promoting collaborative partnerships that enhance service delivery for families caring for older adults.

**Grace Cheng Braun, MSPH**, President & CEO of WISE & Healthy Aging. Ms. Cheng Braun leads WISE & Healthy Aging in the growth and development of services for older adults, working to enhance their independence, dignity and quality of life. Ms. Cheng Braun has held a number of executive-level positions in health care, including a six-year term as Vice President for Marketing and Public Relations at Cedars-Sinai Health System in Los Angeles. At present, she also volunteers as a corporate trainer for LEAP, Inc (Leadership Education for Asian Pacifics, Inc) and has taught in the Master of International Public Policy and Management program at USC for the past ten years, where she also teaches courses in marketing and branding for the Executive Master of Health Administration program.

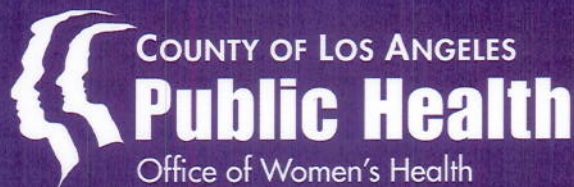
**Eleanor Brownn, MAG**, Gerontologist, Founder and Executive Director of Life-Long. Ms. Brownn is a published writer, educator, and inspirational speaker, with a focus on the societal impact of the intersection of increasing longevity and cultural diversity on the status of women's health. She leads Life-Long, a health literacy initiative in Los Angeles that promotes healthy longevity for women from vulnerable populations with the goal of eliminating disparities in life expectancy through public education and advocacy. From 2004-2008, she served as Associate Director of the Little Tokyo Service Center's MENTORS Project, where she designed and conducted staff development trainings throughout the LA County aging network to help health and social service agencies better serve ethnic, older adults. Ms. Brownn currently serves on the LA County Commission for Older Adults.

**Kathy Buckley**, Gifted comedienne, award-winning actress, accomplished author, and renowned inspirational speaker Kathy Buckley is a force like no other. Billed as "America's First Hearing Impaired Comedienne", Kathy Buckley is also a five-time American Comedy Award Nominee as Best Stand-Up Female Comedienne. As a motivational speaker, she inspires thousands of people around the world, sharing her story of overcoming some of the most difficult obstacles one can imagine in life, and how she met those challenges with dignity, courage, and laughter. She has become one of the most popular comedienne in the country since 1988 when she first took part in "Stand-up Comic Take a Stand" with material based on, among others things, her hearing loss. Her poor performance in second grade landed her in a school for mentally and physically impaired children. It took the school nearly a year to discover it was just a hearing loss and not a lack of mental acuity. During her late teens, she was run over by a jeep while sunbathing on a beach. As a result, she experienced intermitted paralysis in her legs. Her recovery took almost five years. Then, six years later, she was diagnosed with cervical cancer. Undaunted, she has turned roadblocks into springboards, using her personal experience as launching pads for humor and the education of others. Her latest comedy routine is entitled "Puberty at 50." Among her many honors, Ms. Buckley has received the American Hero Award from the City of Hope as their role model of the year, the Dole Foundation Media Awareness Award for her dedication to all people with disabilities, and the "Hear Now" Help America Hear award for her commitment to children.

**Mireya A. Chaffee**, Senior Program Director for the Arthritis Foundation, Pacific Region, Los Angeles Office. Ms. Chaffee serves Greater Los Angeles County implementing evidence-based arthritis programs to the diverse and widespread population by bridging partnerships with local organizations. She is bilingual/bicultural in Spanish and her specialty is developing and implementing culturally diverse and relevant arthritis programs for the Hispanic community of Los Angeles. She has also worked with African-American and Native-American communities. With more than 15 years experience with the Arthritis Foundation, she is a trainer for all of

# Women Transitioning Through Midlife: A Data Snapshot

June 2011



## INTRODUCTION

The data presented in this report provide a snapshot of the demographic, social, behavioral, and environmental factors that impact women transitioning through midlife (ages 45-64 years). These factors, including financial security, work and family, caregiving, the built environment, and physical, mental, and emotional health, influence the health and well-being of midlife women and contribute to health disparities. Although this report does not encompass or explain all the health issues relevant to women of this age, it serves as a starting point for a dialogue on the gaps and complexities midlife women face. Developing community and policy solutions that address the unique needs of this population is essential to ensure their health and well-being as they age.

## TABLE OF CONTENTS

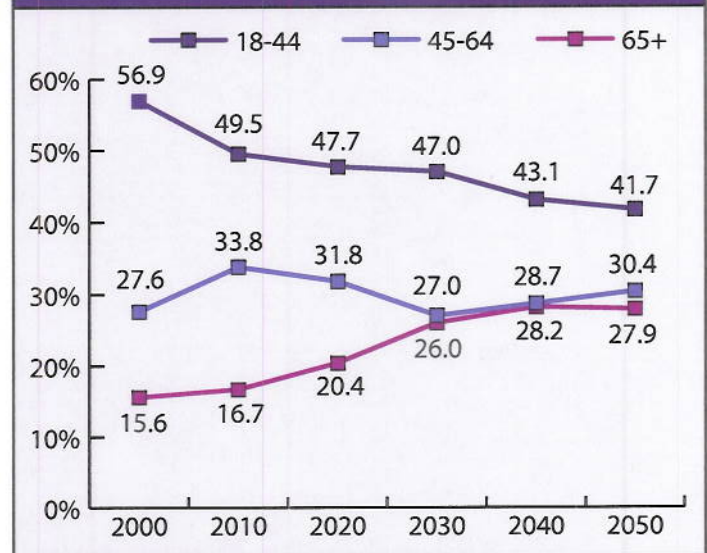
Population Description	2
Financial Security	3
Work and Family	4
Caregiving	5
Built Environment	6
Physical and Mental Health	7
Emotional Well-Being	7
Summary	8
References	8
Additional Resources	8

## POPULATION DESCRIPTION

Presented below is the description of the current and projected population of adults by age and gender with a focus on the changing demographics of midlife women as they age.

- In 2010, women comprised a little over half (51%) of the adult population in Los Angeles County.<sup>1</sup>
- Of the 4.0 million adult women in Los Angeles County, 50% are 18-44 years, 34% are 45-64 years and 17% are 65 years and older.<sup>1</sup>
- Although a similar percentage of women and men are 45-64 years of age (34%), there is a higher percentage of women (17%) that are 65 years and older compared to men (13%).<sup>1</sup>
- By 2050, there will be an estimated 3.1 million women 45 years and older in Los Angeles County; 1.5 million (or 48%) of these women will be 65 years and older.<sup>1</sup>
- The percentage of women 45-64 years is projected to remain relatively stable (30%) from 2000 to 2050, while the percentage of women 65 years and older is projected to increase from approximately 16% to 28%.<sup>1</sup> [Figure 1].

**FIGURE 1: Projected Population of Adult Women in LA County by Age, 2000-2050<sup>1</sup>**

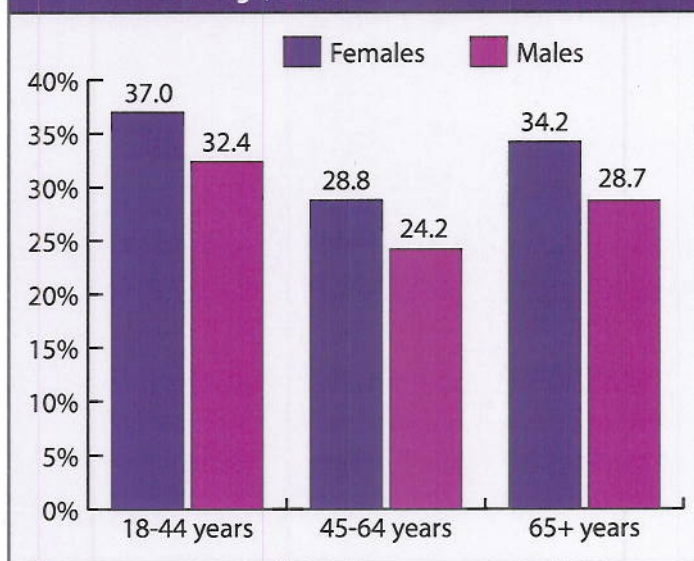


## FINANCIAL SECURITY

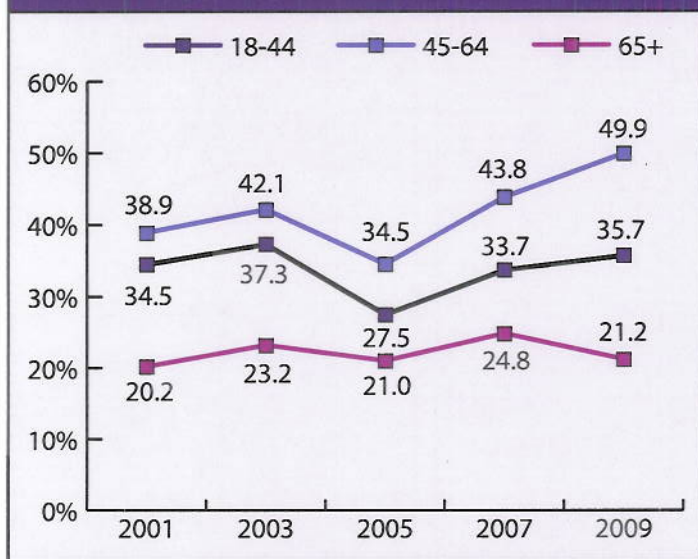
Important differences are observed in the financial security of midlife women in Los Angeles County when compared to men and women of other age groups and statewide. Measures discussed below include poverty,\* home ownership, food insecurity (inability to afford enough food) and food stamp enrollment.

- For all age groups, a higher percentage of women live in poverty or near poverty compared to men.<sup>2</sup> [Figure 2].
- Almost 30% of women 45-64 years live in households less than 200% of the federal poverty level (FPL) compared to 24% of men 45-64 years.<sup>2</sup> [Figure 2].
- A lower percentage of women 45-64 years in Los Angeles County report owning a home (67%) compared to women in this age group statewide (75%).<sup>3</sup>
- Although home ownership increases from 61% among men 45-64 years to 74% among men 65 years and older, home ownership stays at 67% for women of both these age groups.<sup>3</sup>

**FIGURE 2: Adults Living in Households Less than 200% Federal Poverty Level by Gender and Age, 2009<sup>2</sup>**



**FIGURE 3: Food Insecurity Among Women in Households Less than 200% FPL, 2001-2009<sup>3</sup>**



Among adults living in households less than 200% FPL:

- Food insecurity increased for women 45-64 years from 39% in 2001 to 50% in 2009.<sup>3</sup> [Figure 3]
- Half of women 45-64 years report food insecurity compared to 36% of women 18-44 years and 21% of women 65 years and older.<sup>3</sup>

Among adults living in households less than 300% FPL:

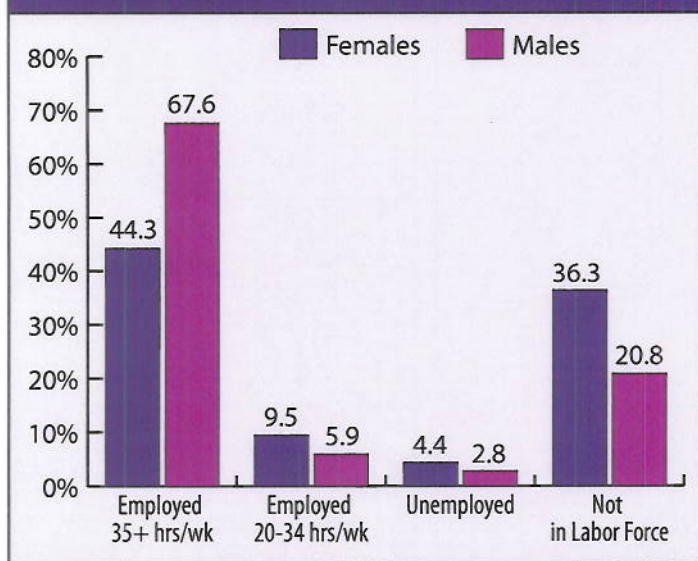
- A higher percentage of women 45-64 years report currently receiving food stamps (8%) compared to men in the same age group (5%).<sup>3</sup>
- Although, the percentage of women receiving food stamps increased by over 6% from 2003 to 2009 among women 18-44 years (11% to 17%), it did not increase at all among women 45-64 years (8%).<sup>3</sup>

\* Poverty level based on U.S. Census 2009 Federal Poverty Level (FPL) thresholds which for a family of four (2 adults, 2 dependents) correspond to annual incomes of \$21,756 (100% FPL), \$43,512 (200% FPL), \$65,268 (300% FPL).

## WORK AND FAMILY

A midlife woman's work and family situation has important consequences for her health and well-being. Presented here are some factors including employment status, marital status, family type and age at birth of first child.

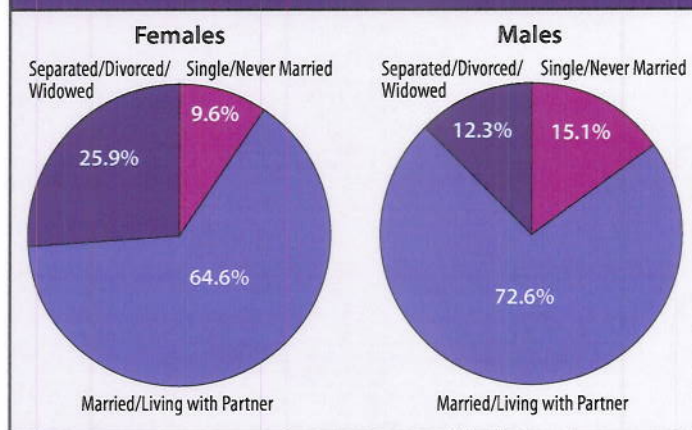
**FIGURE 4: Employment Status of Adults (45-64 years) by Gender, 2007<sup>4</sup>**



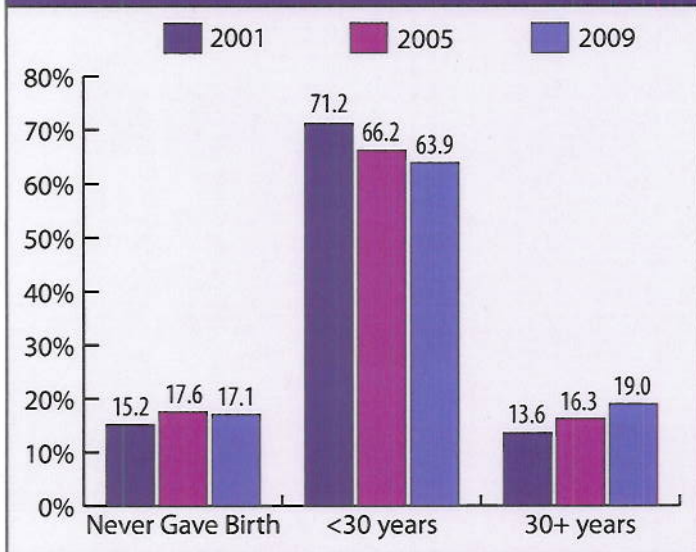
- For all age groups, a lower percentage of women are in the labor force compared to men.<sup>4</sup>
- A higher percentage of women 45-64 years (44%) are employed full time (35+ hours/week) compared to women 18-44 years (40%).<sup>4</sup>
- A lower percentage of women 45-64 years (44%) are employed full time compared to men of the same age group (68%).<sup>4</sup> [Figure 4]
- A higher percentage of women 45-64 years (10%) are employed part time (20-34 hours/week) compared to men 45-64 years (6%).<sup>4</sup> [Figure 4]

- A lower percentage of women 45-64 years (65%) and 65 years and older (46%) report being married or living with a partner compared to men of the same age groups (73% and 75%, respectively).<sup>3</sup>
- The percentage of women 45-64 years that are separated, divorced or widowed (26%) is more than two times higher than men in this age group (12%).<sup>3</sup> [Figure 5]
- A higher percentage of women 45-64 years (7%) report being single and living with children in the household than men in the same age group (2%).<sup>3</sup>
- A lower percentage of women 45-64 years report being married and living in a household with children (21%) compared to men 45-64 years (28%).<sup>3</sup>

**FIGURE 5: Marital Status of Adults (45-64 years) by Gender, 2009<sup>3</sup>**



**FIGURE 6: Age When Mother (45-64 years)  
Gave Birth to First Child, 2001-2009<sup>3</sup>**



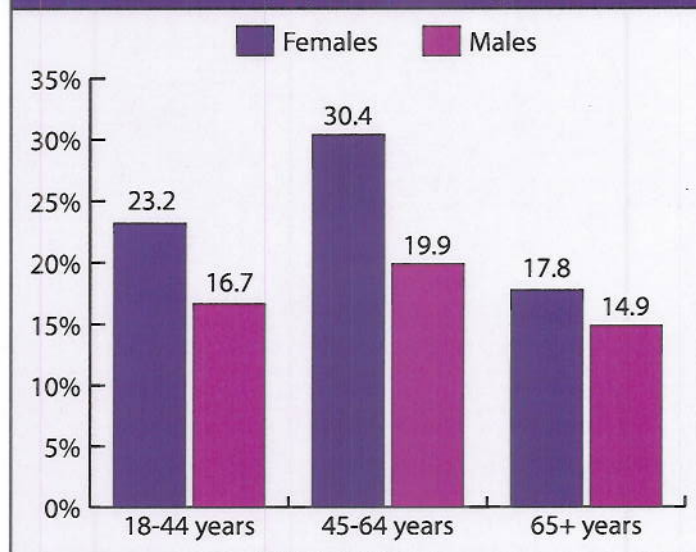
- The percentage of women 45-64 years that gave birth to their first child at 30 years or older increased from 14% in 2001 to 19% in 2009.<sup>3</sup> [Figure 6]
- The percentage of women of all ages that have never given birth increased from 28% in 2001 to 32% in 2009.<sup>3</sup>

## CAREGIVING

Women in midlife frequently serve in the role of a caregiver and therefore may be at increased risk for the economic, emotional and mental burden associated with caregiving responsibilities.

- A higher percentage of women (25%) provided care in the past year to a family member or friend with a long term illness or disability compared to men (18%).<sup>3</sup>
- A higher percentage of women 45-64 years (30%) provided care in the past year to a family member or friend with a long term illness or disability compared to women 18-44 years (23%) and women 65 years and older (18%).<sup>3</sup> [Figure 7]
- Of those providing care to family or friends, a higher percentage of women 45-64 years (36%) provided long-term care to 2 or more persons in the past year compared to women 18-44 years (27%) and women 65 years and older (30%).<sup>3</sup>

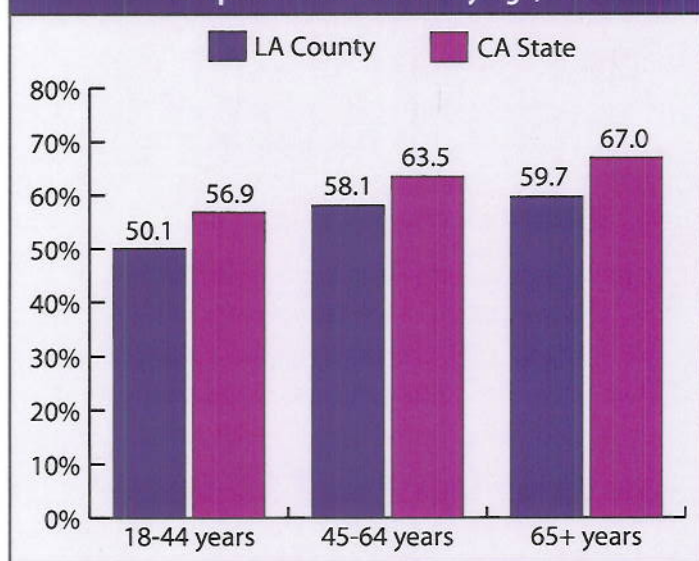
**FIGURE 7: Adults Who Provided Care in the Past Year to Family or Friend with Illness or Disability by Gender and Age, 2009<sup>3</sup>**



## BUILT ENVIRONMENT

The characteristics of the built environment (the streets, open space, and public transportation infrastructure that makes up communities) can impact the health of individuals and communities. Built environment characteristics presented below include neighborhood safety, access to safe places to be physically active, and access to high quality fruits and vegetables. In addition, health behaviors linked to the built environment, such as use of open space, walking, and fast food consumption, are included.

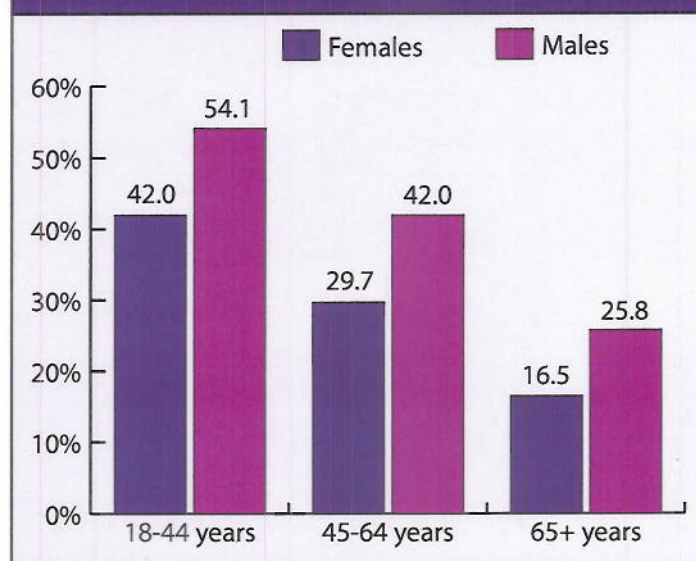
**FIGURE 8: Adult Women That Always Feel Safe in Their Neighborhood in LA County compared to California by Age, 2007<sup>3</sup>**



- A lower percentage of women 45-64 years in Los Angeles County (56%) report visiting a park, playground or open space in the last month compared to women 45-64 years in California (62%).<sup>3a</sup>
- A lower percentage of women 45-64 years and 65 years and older report walking for transportation, fun or exercise in the past seven days (78% and 64%, respectively) compared to women 18-44 years (85%).<sup>3</sup>
- A lower percentage of women 45-64 years (30%) report eating fast food at least once a week compared to men 45-64 years (42%).<sup>4</sup> [Figure 9]

- A lower percentage of women 45-64 years (81%) perceived their neighborhood to be safe from crime compared to men of the same age group (88%).<sup>4</sup>
- Among all age groups of women living in Los Angeles County, a lower percentage report always feeling safe in their neighborhood compared with women in California overall.<sup>3a</sup> [Figure 8]
- A lower percentage of women 45-64 years (83%) report having safe places to be physically active, compared to women 18-44 years (86%) and women 65 years and older (91%).<sup>4</sup>
- A similar percentage of women 45-64 years and 65 years and older (40%) have access to very high quality fruits and vegetables compared to 34% of women 18-44 years.<sup>4</sup>

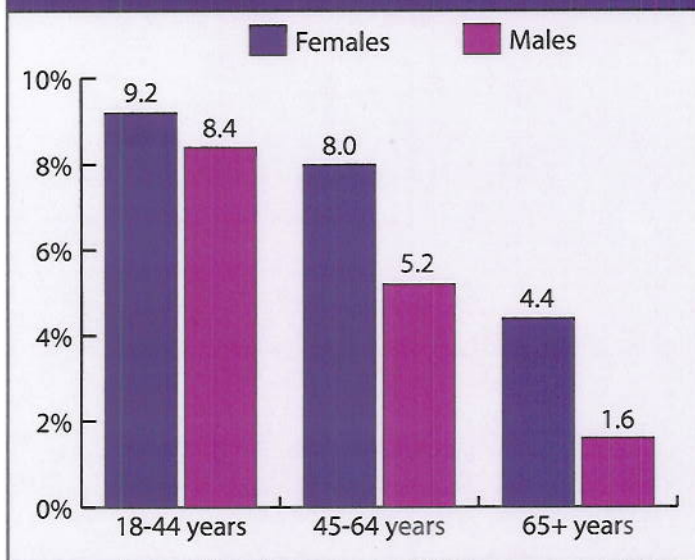
**FIGURE 9: Adults Who Eat Fast Food at Least Once per Week by Gender and Age, 2007<sup>4</sup>**



## PHYSICAL AND MENTAL HEALTH

Women in midlife experience a range of physical and mental health challenges when compared to men and younger women. Presented here are indicators of health status, disability, inability to work due to physical or mental impairment and psychological distress.<sup>†</sup>

**FIGURE 10: Adults that had Psychological Distress in the Past Year by Gender and Age, 2009<sup>3</sup>**



- The percentage of women who report poor or fair health increases with age from 16% of women 18-44 years, and 25% of women 45-64 years, to 31% of women 65 years and older.<sup>3</sup>
- The percentage of women reporting a disability increases with age from 10% of women 18-44 years, to 27% of women 45-64 years and 41% of women 65 years and older.<sup>4</sup>
- A higher percentage of women 45-64 years (10%) report they could not work for at least a year due to a physical or mental impairment compared to women 18-44 years (2%).<sup>3</sup>
- The percentage of women 45-64 years that had psychological distress in the past year (8%) is higher than for men 45-64 years (5%).<sup>3</sup> [Figure 10]

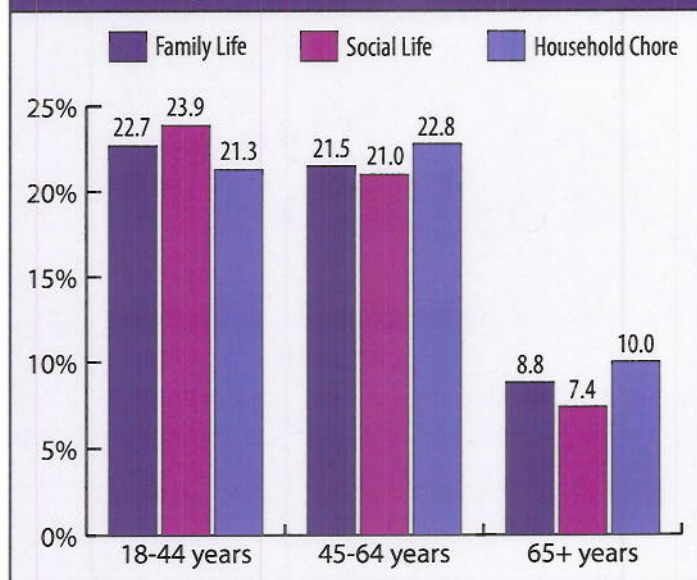
<sup>†</sup> "Psychological distress" is based on a six-question short-form scale developed to determine risk for serious mental illness. [REFERENCE: RC Kesler et al., Short screening scales to monitor population prevalences and trends in non-specific psychological distress. *Psychological Medicine*, 2002, 32: 959-976.]

## EMOTIONAL WELL-BEING

Given the numerous responsibilities that midlife women manage, balancing work, family, household and social life, the emotional well-being of women becomes an important factor in their overall health and well-being.

- A higher percentage of women 45-64 years that work (14%) report that their emotions interfered with work performance in the past year compared to men 45-64 years (7%).<sup>3</sup>
- A higher percentage of women 45-64 years report that their emotions interfered with family life (22%), social life (21%) or household chores (23%) in the past year compared to men 45-64 years (13%, 13% and 13%, respectively).<sup>3</sup>
- A higher percentage of women 18-44 years and 45-64 years report that their emotions interfered with family life, social life or household chores in the past year compared with women 65 years and older.<sup>3</sup> [Figure 11]

**FIGURE 11: Adult Women Reporting Emotions Interfering with Family Life, Social Life, or Household Chores in the Past Year by Age, 2007<sup>3</sup>**



## SUMMARY

The data presented in this report describe unique characteristics of midlife women that are important considerations to their health and well-being. Midlife women face significant barriers to attaining financial security, with a high percentage reporting food insecurity. Complex work and family situations, sometimes complicated by child-rearing and caregiving responsibilities, contribute to their financial and emotional burden. Women transitioning through midlife face potential health challenges, with a growing number developing chronic diseases that can contribute to poor health and disability. Although healthy individual behaviors are critical, the built environment plays a key role in fostering the health of individuals and communities.

Improvement of women's wellness in midlife requires a comprehensive approach that recognizes the impact of work, fiscal, family, and caregiving responsibilities on health, and the need for policy solutions to mitigate the challenges women face in their everyday lives. Policies that create safe, green neighborhoods, facilitate nutritious food choices, allow for flexibility in workplace schedules, and increase access to culturally competent, holistic health care will enhance health among all Los Angeles County residents, and are vital to decreasing health disparities and advancing the health and well-being of midlife and aging women.

## REFERENCES

1. State of California, Department of Finance, Race/Ethnic Population with Age and Sex Detail, 2000–2050. Sacramento, CA, July 2007.
2. July 1, 2009 Population and Poverty Estimates, prepared by Walter R. McDonald & Associates, Inc. (WRMA) for Urban Research, LA County ISD, released 4/26/2010.
3. UCLA Center for Health Policy Research, 2009, 2007, 2005, 2003, 2001 California Health Interview Survey. Accessed June 3, 2011. <http://www.chis.ucla.edu>. Data are from 2009 California Health Interview Survey except where noted.
  - a. 2007 Data.
4. Los Angeles County Department of Public Health, Office of Health Assessment and Epidemiology, Health Assessment Unit, 2007 Los Angeles County Health Survey.

## ADDITIONAL RESOURCES

1. Los Angeles County Department of Public Health, Office of Health Assessment and Epidemiology, *Healthy Women: Wellness Across the Life Span*, LA Health; October 2010.
2. *Healthy Aging: A Guide to Important Health Topics Among Older Women in Los Angeles County*, 2010. Los Angeles, CA: Los Angeles County Department of Public Health, October 2010.
3. Los Angeles County Department of Public Health, Office of Women's Health, *Health Indicators for Women in Los Angeles County: Highlighting Disparities by Ethnicity and Poverty Level*, February 2010.
4. Los Angeles County Department of Public Health, Office of Health Assessment and Epidemiology, *Informal Caregiving: Implications for Public Health*, LA Health; February 2010.

### L. A. County Board of Supervisors

Gloria Molina, First District  
Mark Ridley-Thomas, Second District  
Zev Yaroslavsky, Third District  
Don Knabe, Fourth District  
Michael D. Antonovich, Fifth District

### L. A. County Department of Public Health

Jonathan E. Fielding, MD, MPH  
Director and Health Officer  
Jonathan E. Freedman  
Chief Deputy Director  
Anna Long, PhD, MPH  
Chief of Staff  
Steven Teutsch, MD, MPH  
Chief Science Officer

### Office of Women's Health

Ellen Eidem, MS, Director  
Rita Singhal, MD, MPH, Medical Director  
Susan Nyanzi, DrPH, MCHES, Research Analyst III  
Elizabeth Stillwell, RN, Program Manager  
Laura Nieto, Intern  
Nirvi Shah, MPH, Volunteer



### Office of Health Assessment & Epidemiology, Health Assessment Unit

Frank Sorvillo, PhD, Acting Director, OHAE  
Susie Baldwin, MD, MPH, Chief  
Amy S. Lightstone, MPH, MA, Supervising Epidemiologist  
Gigi Mathew, DrPH, Research Analyst III  
Yan Cui, MD, PhD, Epidemiologist  
Yajun Du, MS, Epidemiologist  
Jerome Blake, MPH, Research Analyst II  
Gayane Meschyan, PhD, Research Analyst III



Printed by a Forest Stewardship Council certified printer on paper certified by the Forest Stewardship Council to consist of 50% total recycled content, of which 25% is Post Consumer recycled.

Suggested Citation: *Women Transitioning Through Midlife: A Data Snapshot*. Los Angeles, CA: Los Angeles County Department of Public Health, June 2011.

For information about the Office of Women's Health or additional copies of this report, please visit: <http://www.publichealth.lacounty.gov/owh> or call (626) 569-3850.